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by ewfood

Lemon Chicken

Ingredients

Olive oil, for frying
¼ tsp. cayenne pepper
Salt, to taste
Ground black pepper, to taste
1 tsp. parsley, fresh and chopped
1 tsp. garlic powder
1 chicken breast
1 lemon, quartered into wedges
1.5 oz. pine nuts
4 oz. spinach

Preparation

1. In a plate combine the cayenne pepper, salt, pepper, parsley and garlic powder
2. Squeeze the juice of one lemon wedge over the chicken and rub the seasoning into the chicken breast so that it is absorbed
3. Heat oil in a pan and sear each side of the chicken, then squeeze the juice of two wedges over and let the chicken cook in the juice and oil until it is cooked through
4. Remove the chicken, in the same pan add a little more oil and sauté the pine nuts until they become fragrant, add the spinach and sauté for 5 minutes with the pine nuts. You want the spinach to be wilted but not soft and mushy
5. Serve the chicken on the bed of spinach with a lemon wedge for extra seasoning.

Cooks Note